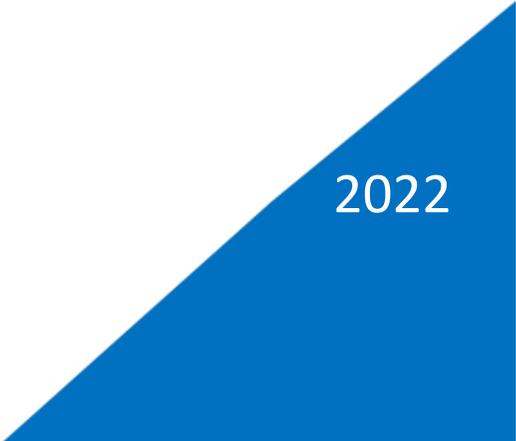


# Ipswich and East Suffolk adult sip feed prescribing guidelines

**Version 7**  
**February 2022**

Produced by the Medicines Management Team,  
Ipswich and East Suffolk Clinical Commissioning Group  
in conjunction with the Dietitians, Ipswich Hospital, East Suffolk and North Essex NHS  
Foundation Trust (ESNEFT)

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2022

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## Acknowledgement

Lauren Strathearn & Susan Clarke, Specialist Community Dietitian, Ipswich Hospital, ESNEFT

All prices correct as per BNF (10/11/2021)

Approved by the Ipswich and East Suffolk CCG Prescribing Workstream February 2022. Next review February 2024

# Introduction

## Aim

This document aims to provide clear guidance for prescribing nutritional sip feeds in adult patients ( $\geq 18$  years) in Ipswich and East Suffolk. It is intended for use by General Practitioners, Practice Nurses, Community Nurses and other community prescribers. This version provides an update to the products and prices since version 6.2 of January 2021.

## Objectives

- To improve the management of patients who are malnourished or identified as at risk of malnutrition
- To ensure appropriate cost-effective sip feed prescribing
- To reduce wastage through tailoring sip feed prescriptions to individual preferences
- To stop repeat prescriptions without regular review.

## Nutritional screening

Nutritional screening should be the first step in identifying people at risk of malnutrition. Vulnerable groups include those with chronic diseases, older people, those recently discharged from hospital and those who are socially isolated.

## Malnutrition screening in the community – implementing MUST

The NICE guidelines for nutrition support in adults (2006) state the following should be considered when assessing the need for nutrition support:

- The patient's current BMI
- Percentage unintentional weight loss
- The length of time that (food) intake has been / or is likely to remain inadequate.

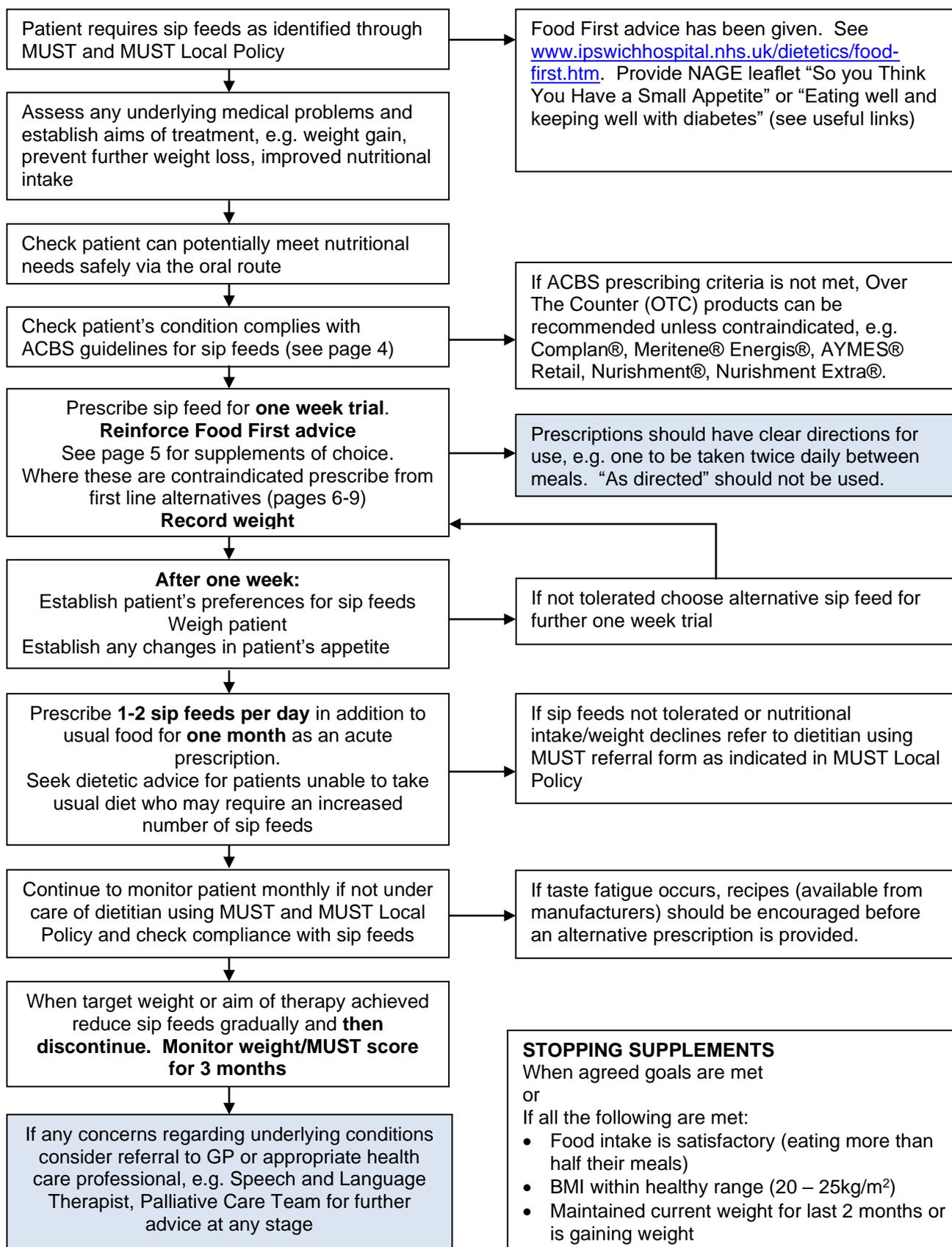
The Malnutrition Universal Screening Tool (MUST) incorporates all of the above and has been validated across a range of settings including general practice, the community and care homes. It is consistent, reproducible and easy to use. In addition to identifying malnutrition risk, it provides nutritional care plans to enable health professionals and carers to respond immediately if a patient is identified as being malnourished or at risk of malnutrition. The tool is available to download from [www.bapen.org.uk](http://www.bapen.org.uk).

Community dietitians at the Ipswich Hospital (ESNEFT) provide ongoing training to care home staff, Community Nurses, Local Care Teams and other care workers in Suffolk in using the MUST Tool and the food first approach. Contact Ipswich (01473 704000) dietitians to access MUST training.

# Nutrition Sip Feed Flow Chart

## (excludes residents in Care Homes\*)

\* See the policy on ONS in Care Homes – link on page 10



# Advisory Committee on Borderline Substances (ACBS) guidance on FP10 prescribing

The Advisory Committee on Borderline Substances (ACBS) recommends the prescription of certain food products (such as enteral or sip feeds) on the basis that they are used as a treatment of the management of specified conditions.

The prescription of sip feeds should only occur when the patient's condition falls into one or more of the ACBS approved categories:

<u>Standard ACBS indications</u>	<u>Other ACBS indications</u>
<ul style="list-style-type: none"> <li>• Short bowel syndrome</li> <li>• Intractable malabsorption</li> <li>• Pre-operative preparation of patients who are malnourished</li> <li>• proven Inflammatory bowel disease</li> <li>• Following total gastrectomy</li> <li>• Disease related malnutrition (DRM)</li> <li>• Bowel fistulae</li> <li>• Dysphagia</li> </ul>	<ul style="list-style-type: none"> <li>• Continuous Ambulatory Peritoneal Dialysis (CAPD)</li> <li>• Haemodialysis</li> </ul>

## Colour Coding Key

The sip feeds listed in this document have been colour coded to denote the following:

Green	Recommended first line products - provide the most cost-effective and optimum nutritional content
Amber	Alternative products if there is a physical or medical reason that a patient cannot take the first line product or if the supplement is not tolerated from the green section
Red	Of limited nutritional content or a specialist product and therefore should only be prescribed under the guidance of a registered dietitian

## Sip Feed Formulary

This is not an exhaustive list. New products regularly become available. The BNF and MIMS provide the full list of oral nutritional supplements (ONS). Products not listed here are not recommended as first-line and dietetic guidance is recommended before prescribing them.

The first line sip feeds of choice, unless contraindicated, are AYMES Shake, Complan Shake, Ensure Shake, Foodlink Complete, which provide 378-421kcal and 15-20g protein when mixed with 200ml whole milk. AYMES Shake Compact provides 316 – 321kcal and 12g protein when mixed with 100ml whole milk. Their full nutritional profile can be found on the manufacturers' website (see Appendix 1)

### First Line – Preferred Options

Product	Unit volume	Unit price	Calories per serving	Protein (g) per serving
AYMES Shake	57g sachet	£0.49	384 – 389*	19*
	1600g tub (28 x 57g servings)	£13.72 (£0.49/57g)		
Complan Shake	57g sachet	£0.49	380*	15.5*
Ensure Shake	57g sachet	£0.49	389*	17*
Foodlink Complete	1596g tub (28 x 57g servings)	£13.72 (£0.49/57g)	378 – 385*	17 – 19*
	57g sachet	£0.49		
AYMES Shake Compact	57g sachet	£0.49	316 – 321**	12**
Foodlink Complete Compact	57g sachet	£0.49	318**	15**
<b>Starter Packs</b>				
AYMES Shake Starter Pack	5 flavours AYMES Shake	£0.66	384 – 389*	19*
AYMES Shake Compact Starter Pack	5 flavours of AYMES Shake Compact	£0.96	316 – 321**	12**
Complan Shake Starter Pack	5 flavours of Complan Shake	£0.67	380*	15.5*
Foodlink Complete Starter Pack	5 flavours of Foodlink Complete	£0.66	378 – 385*	17 – 19*
Foodlink Complete Compact Starter Pack	5 flavours of Foodlink Complete Compact	£0.66	318**	15**

\* when mixed with 200ml whole milk \*\* when mixed with 100ml whole milk

**Suggested intake:** 1-2 servings a day unless otherwise indicated by the clinician or dietitian.

#### Contraindications:

- Limited dexterity & inability to make up the shake
- Cow's milk allergy or intolerance
- Soya allergy or intolerance – avoid AYMES Shake, Ensure Shake & Foodlink Complete brands
- Less than 6 years of age
- Galactosaemia
- Require thickened fluids
- Require ONS as a sole source of nutrition
- Require additional fibre via their ONS
- Not suitable for use with enteral feeding tubes

Patients with renal disease should be assessed by a dietitian prior to prescribing any of the above.

Patients with diabetes should have their oral intake assessed before an ONS is prescribed. Blood glucose levels should be monitored and treatment reviewed as necessary.

If contraindicated, the sip feeds overleaf are recommended as a first-line choice of supplement. Some are available as Starter Packs intended as an initial 3-10 day supply to assess preference.

**Alternative options.** Supplements are listed by cost and not by nutritional content.

Milkshake style sip feeds:

Product	Unit volume	Unit price	Calories per serving	Protein (g) per serving
Altraplen Energy	200ml bottle	£0.89	300	12
EnergieShake Complete 1.5kcal (1.5kcal/ml)	200ml bottle	£1.01	300	12
AYMES Complete (1.5kcal/ml)	200ml bottle	£1.05	300	12
Ensure Plus Milkshake Style (1.5kcal/ml)	200ml bottle	£1.12	300	12
Nutricomp Drink Plus (1.5kcal/ml)	200ml bottle	£1.12	300	12
Fortisip Bottle (1.5kcal/ml)	200ml bottle	£1.12	300	12
Supressi 1.28kcal Complete (1.28kcal/ml)	200ml bottle	£1.25	256	14
Fresubin 2kcal mini drink (2kcal/ml)	125ml bottle	£1.29	250	12
Ensure Compact (2.4kcal/ml)	125ml bottle	£1.33	300	13
Altraplen Compact (2.4kcal/ml)	125ml bottle	£1.33	300	12
Fortisip Compact (2.4kcal/ml)	125ml bottle	£1.33	300	12
Fresubin Energy (1.5kcal/ml)	200ml bottle	£1.40	300	11
AYMES 2.0kcal (2kcal/ml)	200ml bottle	£1.63	400	16
Resource Energy (1.5kcal/ml)	200ml bottle	£2.11	300	11
Ensure Plus Advance (1.5kcal/ml)*	220ml bottle	£2.20	330	20
Fresubin 2kcal (2kcal/ml)	200ml bottle	£2.23	400	20
Fortisip 2kcal (2kcal/ml)	200ml bottle	£2.22	400	20
Fresubin 3.2kcal (3.2kcal/ml)	125ml bottle	£2.35	400	20
Ensure (1 kcal/ml)	250ml can	£2.49	251	10
Fresubin Original (1kcal/ml)	200ml bottle	£2.48	200	8

\* for those over 65 years of age, BMI <23kg/m<sup>2</sup>.

Juice-style sip feeds: An alternative for patients who do not like/tolerate milk or milk-based sip feeds.

Product	Unit volume	Unit price	Calories per serving	Protein (g) per serving
AYMES ActaSolve Smoothie	66g sachet	£1.00	297*	11*
Altrajuce (1.5kcal/ml)	200ml tetra	£1.70	300	8
AYMES ActaGainJuce	200ml bottle	£1.70	300	11
Ensure Plus Juce (1.5kcal/ml)	220ml bottle	£2.00	330	11
Fresubin Jucy (1.5kcal/ml)	200ml bottle	£2.01	300	8
Fortijuce (1.5kcal/ml)	200ml bottle	£2.02	300	8

\* when made up with 150ml water

Yoghurt-style sip feeds:

Less sweet, and useful for patients with taste fatigue or taste changes.

Product	Unit volume	Unit price	Calories per serving	Protein (g) per serving
Ensure Plus Yoghurt Style (1.5kcal/ml)	200ml bottle	£1.16	300	12
Fresubin YoDrink (1.5kcal/ml)	200ml bottle	£1.44	300	15
Fortisip Yogurt Style (1.5kcal/ml)	200ml bottle	£2.33	300	12

Savoury-style supplements: Best served warm as a soup or added to sauces.

Product	Unit volume	Unit price	Calories per serving	Protein (g) per serving
AYMES ActaSolve Savoury (1 kcal/ml)	57g sachet	£0.71	247-251*	9*

\*when made up with water, \*\* when made up with whole milk

### Other nutritional supplements available on prescription (not an exhaustive list)

Other energy and protein supplements are available in the form of powders, liquids and desserts.

#### Powdered milkshake style drinks:

These drinks are made up with fresh milk or water. They are high in calories. Mixing instructions can be obtained from the manufacturer's website.

Product	Unit volume	Unit price	Calories per serving	Protein (g) per serving
AYMES Shake	57g sachet	£0.49	384 – 389*	19*
	1600g tub (28 x 57g servings)	£13.72 (£0.49/57g )		
Complan Shake	57g sachet	£0.49	380*	15.5*
Ensure Shake	57g sachet	£0.49	389*	17*
Foodlink Complete	57g sachet	£0.49	378 - 385*	17 - 19*
	1596g tub (28 x 57g servings)	£13.72 (£0.49/57g)		
EnergieShake Powder	57g sachet	£0.44	381*	16*
AYMES Shake Compact	57g sachet	£0.49	316 - 321^	12^
Foodlink Complete Compact	57g sachet	£0.49	318^	15^
Fresubin Powder Extra	62g sachet	£0.70	400*	18*
AYMES Shake Fibre	57g sachet	£0.71	374*	19*
Foodlink Complete with Fibre	63g sachet	£0.72	413 - 421*	19 - 20*
AYMES ActaSolve Protein Compact	57g sachet	£0.95	312-315^	20^
AYMES ActaSolve High Energy	85g sachet	£1.96	588 - 593**	12**
Enshake	96.5g sachet	£2.61	600**	16**
Calshake	87g sachet (90g chocolate)	£2.63	600**	12**
Scandishake Mix	85g sachet	£2.66	587**	12**

\* when made up with 200ml whole milk. \*\* when made up with 240ml whole milk ^ when made up with 100ml whole milk.

### High protein sip feeds:

These are high in protein. Useful in patients with chronic wounds, burns or fistulae. Seek advice if any concerns with renal function.

Product	Unit volume	Unit price	Calories per serving	Protein (g) per serving
AYMES Shake	57g sachet	£0.49	384 – 389*	19*
	1600g tub (28 x 57g servings)	£13.72 (£0.49/57g)		
Foodlink Complete	1596g tub (28 x 57g servings)	£13.72 (£0.49/57g)	378 - 385*	17 - 19*
	57g sachet	£0.49		
AYMES Actagain 2.4 Complete	200ml bottle	£1.33	480	19
AYMES Actagain 600	250ml bottle	£1.60	600	24
EnergieShake 2.0kcal	200ml bottle	£1.72	400	19
Altraplen Protein (1.5kcal/ml)	200ml bottle	£1.73	300	20
Fortisip Compact Protein (2.4kcal/ml)	125ml bottle	£2.05	300	18
Fresubin Protein Energy (1.5kcal/ml)	200ml bottle	£2.19	300	20
Ensure Plus Advance (1.5kcal/ml)**	220ml bottle	£2.20	330	20
Fortisip 2kcal (2kcal/ml)	200ml bottle	£2.22	400	20
Fresubin 2kcal (2kcal/ml)	200ml bottle	£2.23	400	20
Fresubin 3.2kcal (3.2kcal/ml)	125ml bottle	£2.40	400	20
Fortisip Extra (1.6kcal/ml)	200ml bottle	£2.43	318	20

\* when made up with 200ml whole milk \*\* for those over 65 years of age with a BMI <23kg/m<sup>2</sup>

### Fibre-containing sip feeds: Useful if patient is suffering with constipation. Shake well before drinking.

Product	Unit volume	Unit price	Calories per serving	Protein (g) per serving
AYMES Shake Fibre	57g sachet	£0.71	374*	19*
Foodlink Complete with Fibre	63g sachet	£0.72	413 - 421*	19*
Supressi 1.28kcal Complete (1.28kcal/ml)	200ml bottle	£1.25	256	14
EnergieShake Advance 1.3kcal	200ml bottle	£1.25	260	14
Fresubin 2kcal Fibre mini drink (2kcal/ml)	125ml bottle	£1.29	250	12
Nutricomp Drink Plus Fibre (1.56kcal/ml)	200ml bottle	£1.60	312	13
Resource 2.0 Fibre (2kcal/ml)	200ml bottle	£2.08	400	18
Fortisip Compact Fibre (2.4kcal/ml)	125ml bottle	£2.20	300	12
Ensure TwoCal (2kcal/ml)	200ml bottle	£2.22	399	17
Ensure Plus Fibre (1.6kcal/ml)	200ml bottle	£2.23	310	13
Fresubin 2kcal Fibre (2kcal/ml)	200ml bottle	£2.23	400	20
Fresubin Energy Fibre (1.5kcal/ml)	200ml bottle	£2.23	300	11

\* when made up with 200ml whole milk

Semi-solid desserts: Often used in patients with dysphagia.

Product	Unit volume	Unit price	Calories per serving	Protein (g) per serving
AYMES ActaSolve Delight	57g sachet	£0.99	302*	11*
EnergieShake Dessert (1.5kcal/g)	125g pot	£1.10	188	9
AYMES ActaCal Crème (1.5kcal/g)	125g pot	£1.19	188	9
Fresubin 2kcal Crème (2.0kcal/g)	125g cup	£2.04	250	12.5
Ensure Plus Crème (1.4kcal/g)	125g pot	£2.05	171	7
Forticreme Complete (1.6kcal/g)	125g pot	£2.06	200	12
Nutricrem (1.8kcal/g)	125g pot	£2.09	225	12.5
Fresubin Dessert Fruit (1.6kcal/g)	125g pot	£2.10	200	9
Fresubin YOcrème (1.5kcal/g)	125g pot	£2.17	187	9
Nutlis Fruit Dessert Level 4 (1.4kcal/g)	150g pot	£2.58	206	11

\* When made up with 75ml whole milk

Pre-thickened milk-shake style: Used in patients with dysphagia.

Product	Unit volume	Unit price	Calories per serving	Protein (g) per serving
Slo Milkshake+ IDDSI level 2	50g sachet	£0.85	334*	24*
Slo Milkshake+ IDDSI level 3	50g sachet	£0.85	334*	24*
Nutlis Complete Drink Level 3 (2.45kcal/ml)	125ml bottle	£2.32	306	12
Nutlis Complete Crème Level 3 (2.45kcal/ml)	125ml pot	£2.32	306	12
Fresubin Thickened Level 2 (1.5kcal/ml)	200ml bottle	£2.35	300	20
Fresubin Thickened Level 3 (1.5kcal/ml)	200ml bottle	£2.35	300	20

\* When made up with 200ml whole milk

Modular supplements: Specialist products only to be prescribed under the guidance of a dietitian, e.g.

Product	Type
Altrashot	Fat, carbohydrate & protein liquid
Calogen	Fat emulsion
Calogen Extra	Fat emulsion with protein, carbohydrate, vitamins and minerals
Calogen Extra Shot	Fat emulsion with protein, carbohydrate, vitamins and minerals
Maxijul Super Soluble	Glucose polymer powder
Pro-Cal Shot	Fat, carbohydrate & protein liquid
Pro-Cal Powder	Fat, carbohydrate & protein powder
Fresubin 5kcal Shot	Fat emulsion
ProSource	Collagen & whey protein liquid
ProSource Jelly	Protein jelly
ProSource Plus	Collagen & whey protein liquid

## Useful links

AYMES Shake and AYMES Shake Compact mixing instructions: [www.aymes.com](http://www.aymes.com)

Complan Shake mixing instructions: <https://www.nutricia.co.uk/hcp/pim-products/complan-shake.html>

Ensure Shake mixing instructions: <https://nutrition.abbott/uk/product/ensure-shake>

Foodlink Complete and Foodlink Complete Compact mixing instructions: <https://www.nualtra.com/nualtra-products/foodlink-complete/>

Malnutrition Universal Screening Tool (MUST), available to download from the British Association for Parenteral and Enteral Nutrition (BAPEN) website at [www.bapen.org.uk](http://www.bapen.org.uk)

MUST dietetic referral form, available to download from the dietetics page within Medicines Management at <http://www.ipswichandeastsuffolkccg.nhs.uk/GPpracticememberarea/Clinicalarea/Medicinesmanagement/CGFormularies/Dieteticsformulary.aspx>

Care Home referral form, available to download from the dietetics page within Medicines Management at <http://www.ipswichandeastsuffolkccg.nhs.uk/GPpracticememberarea/Clinicalarea/Medicinesmanagement/CGFormularies/Dieteticsformulary.aspx>

Information on food first, the first-line treatment for malnutrition, is available from the dietitians at Ipswich Hospital. Telephone 01473 704000. Leaflets can be downloaded from <https://www.bapen.org.uk/nutrition-support/nutrition-by-mouth/food-first-project-leaflets>

Care Homes Nutrition in Older People booklet, available to download from the dietetics page within Medicines Management at <http://www.ipswichandeastsuffolkccg.nhs.uk/GPpracticememberarea/Clinicalarea/Medicinesmanagement/CGFormularies/Dieteticsformulary.aspx>

Fabulous Fortified Feasts. Food first recipes produced by PrescQIPP. Available to download from [www.prescqipp.info/headline-areas/nutrition](http://www.prescqipp.info/headline-areas/nutrition)

Do You Have a Small Appetite? A5 booklet produced by the Nutrition and Diet Resources UK (NDR-UK) and the Nutrition Advisory Group for the Elderly (NAGE) a specialist group of the British Dietetic Association (BDA) available to purchase from <https://www.ndr-uk.org/item/39/FoodFortification/Do-You-Have-a-Small-Appetite.html> This booklet is not suitable for people with diabetes.

Eating Well and Keeping Well with Diabetes, A5 booklet produced by the Nutrition and Diet Resources UK (NDR-UK) and the Nutrition Advisory Group for the Elderly (NAGE) a specialist group of the British Dietetic Association (BDA) available to purchase from <https://www.ndr-uk.org/item/41/Diabetes/Eating-Well-and-Keeping-Well-with-Diabetes.html>

Ipswich and East Suffolk CCG policy on Oral Nutritional Supplements in Care Homes and Information for Care Homes. Both available to download from <http://www.ipswichandeastsuffolkccg.nhs.uk/Yourhealth/Stayinghealthy/ONSinCareHomes.aspx>

## Appendix 1. Change log

Page	Type of change	Changes made to 2021 version 6.2
Cover	Amendment	Version changed to 7
		Date changed to February 2022
		Year changed to 2022
Content	Amendment	Acknowledgements updated to reflect staffing changes
	Amendment	MIMS amended to BNF (10/11/21)
2	Amendment	Version changed to 6.2 and date to January 2021
5-9	Amendment	Throughout product tables prices updated
6	Insertion	Altraplen Energy added as first line Milkshake style
6	Insertion	AYMES ActagainJuce added as first line Juice-style
7	Amendment	AYMES Savoury changed to AYMES ActaSolve Savoury due to name change
7	Amendment	AYMES Shake Extra changed to AYMES ActaSolve High Energy due to name change
7	Insertion	AYMES ActaSolve Protein Compact added as first line powdered milkshake-style drinks
7	Insertion	AYMES Shake Fibre added as second line powdered milkshake-style drinks
8	Insertion	AYMES ActaGain added as second line high protein
8	Insertion	AYMES Shake Fibre added as first line fibre-containing
8	Insertion	EnergieShake Advance added as second line fibre-containing